Outdoor cooking hints

(Continued from page 5)

should be used only for basting.

5. A meat thermometer inserted so the bulb doesn't touch bone or fat is the most accurate way to test doneness if you are barbequing a large piece of meat. For a roast, insert the thermometer in the center. Beef will be rare when the internal temperature is 140° F., medium at 160° F. and well-done at 170° F. Fresh pork should always be cooked until the internal temperature is 180° F. For poultry the thermometer should be inserted into the thickest part of the thigh, close to the body. Poultry is done when the thermometer registers 180 to 185 degrees.

6. Precooking spareribs in the kitchen cuts down on cooking time on the grill, and also helps to remove some of the fat, thus, eliminating flaming flareups on the grill. Boil in a small amount of water or bake at 350 degrees about 30 minutes. Drain well before putting on the grill and baste with your favorite sauce as ribs cook.

7. When grilling chicken halves, place bony or rib cage side of the chicken next to the heat first. The bones act as an insulator and prevent the chicken from browning too fast. Twist the drumstick to test for doneness. If the joints twist out of the socket easily, the meat is done.

8. When using the rotisserie with your barbeque grill, make certain the rotisserie rod is inserted in the center of the meat lengthwise and that the spit forks are tight. This will keep the meat balanced and make the rotisserie turn evenly.

9. When using skewers, select long sturdy ones that reach completely across the grill. Place food on skewers leaving space between each piece to allow for heat penetration and thorough basting. Unless some vegetables are parboiled, they may require longer time than meat cubes. Therefore, you may want to put them on separate skewers.

10. Frozen vegetables are delicious cooked on the grill. Remove from package, dot with butter and season. Wrap in heavy duty aluminum foil securely while still frozen. Cook vegetables 30 to 40 minutes, turning once during the cooking process.

11. Why not try some potatoes and carrots and onions cooked together with a hamburger on the grill. Add some seasoning and this makes a good meal in a pouch. This is a super meal for campers.

12. Disposable pans for heating vegetables, bread or other foods on the grill are easily made from heavy duty aluminum foil. Just tear off a length of foil, turning up the edges to make 1½ to 2 inch sides. Pinch corners to prevent leaking.

Homemakers, outdoor cooking can be lots of fun. You might find that if you invest in an electric starter, you will save buying lighter fluid. These starters will last at least three summers if properly used and stored. This not only saves money over the course of the summer, but it also will keep you from the fear of the lighter fluid tasting in your food.

If you have a homemaking question or problem, call 352-8244 or write P.O. Box 488, Appomattox, VA 24522. It is always a pleasure to hear from you.

Have a good week!

RECIPE OF THE WEEK
Cauliflower Salad

Mix:
4 cups cauliflower (1 small head)
1½ cups chopped green pepper
¼ cup chopped onion
In a separate bowl mix:
⅔ cup sour cream
3 Tablespoons mayonnaise
1 teaspoon dry mustard
1 teaspoon supar
1 teaspoon dill seed
few drops of hot sauce

Add this to cauliflower, pepper, and onion mixture and mix well. Just before serving add 2 medium diced tomatoes and salt and pepper to taste.

Thanks to Mrs. Thelma Conner for sharing this delicious recipe with us.

Raider band honored

The ACHS Raider Band has been very active this spring.

On May 12, the band received first-place honors in the Buckingham County Day parade and received a check for $25.

A concert was recently presented for the public in addition to a mini-concert for Class Day activities on May 23. The Band played for Memorial Day Services on Sunday.

The Band Awards Banquet was held on May 29 at 6:30 p.m.

The Band will play for Graduation Exercises on June 1 and will end this year's activities with a trip to King's Dominion on June 6.

Band members extend thanks to all the parents, students, supporters and friends for each contribution, whether large or small, that each one has made to make this a very successful band year.

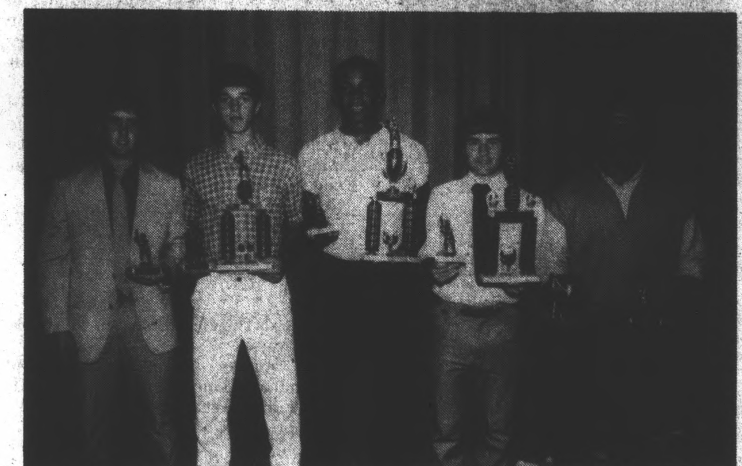
Band Members this year include: Jeff Agee, Berri Anderson, Jan Armentrout, Kevin Armentrout, Greg Ayers, Wesley Baldwin, Anthony Banks, Richard Baxter, James Bohannon, Mike Bohannon, Kathy Bryan, Teresa Burger, Tina Campbell, Pierre Christian, Nancy Curd, William Curd, Wanda Daniels, John Fedison, Jimmy Fillingame, Branda Franklin, Kim Fuller, Don Goin, Duane Hamlet, Dawn Hancock, Martha Haley, Jeff Jaggars, Roni Johnson, Cathy Johnson, Anthony Jones, Diane Jones, Kathy Jones, Jason Justis, Timmy Lawson, Amy Mann, Tony Martin, Lisa Martin, Kim McCluney, Brian Mitchell, Warren Moore, Robbie Phillips, Debbie Riley, Cathy Robertson, Leigh Ann Taylor, Karen Trent, Terri Trent, Tracey Trent, Kristie Tucker, Amanda Walton, Sheral Wesley, Angie Whitmer, David O'Brien, Vivian Seay, Drum Major.

Auxuliary Members include: Frances Cashwell, Arlene Cobbs, Christina Cordell, Kristi Craft, Carolyn Knight, Annette Turner, Sandy Walton, Tonia Watson, Cindy Martin, Fontella Robinson, Jessica Stanley, Teresa Taylor, Renee Wesley, Laura Woody, June Jenkins.

Band Director is Frank Coffey.

KIM SHUPE, ANGEL GOODE AND JANET SMITH (from left) received awards for their performances in track this year at last week's spring sports banquet. Kim received the "most versatile" trophy, Angel got the "most valuable" trophy, and Janet received the "Raiderette award." (Photo by Bill Sherrod)

JACK WILLIAMS, TODD SCRUGGS AND MALCOLM MILLER (from left) received trophies for their prowess at track during the spring sports banquet last week. Jack Williams was the third highest scorer. Todd was the second highest scorer, and Malcolm was the highest scorer this season. (Photo by Bill Sherrod)



MEMBERS OF THE RAIDER varsity baseball team who received trophies at last week's spring sports banquet include R. L. Waldo (all district), Paul Johnson (all district and Raider award), Mike Jackson (all district and most valuable), Mike Ferguson (leading hitter, all district), and Gary Ferguson, (all district). (Photo by Bill Sherrod)

MEMBERS OF THE RAIDERETTE softball team who received trophies at last week's spring sports banquet include (from left) Lisa Pannell (Raiderette award), Kim Hancock (most valuable) and Kim Osborne (most improved).

RAIDERETTE TENNIS players who were honored at last week's spring sports banquet include Donna Dickerson, (left), most improved; and Sally Coleman,(most valuable). (Photo by Bill Sherrod)

ACHS students receive awards

BOBBY CARTER (left) was named most improved player of the Raider tennis team at last week's spring sports banquet. Freddy Lawson, who was competing in the state tennis tournament at the time of the banquet, was named most valuable player for 1984. (Photo by Bill Sherrod)

Places third in state

Lawson loses in state tournament

Appomattox's Freddy Lawson lost in the first round of the state tournament to Todd Poland of Osborne High School,6-2, 3-6, 7-6. The final set went to an 8-6 tiebreaker.

Lawson easily defeated Chris Dobbins of Radford High School in the consolation match, 6-3, 6-3, to place third in the state Group AA finals.

Poland lost to Ken Thorne of Mills Godwin High School in the state championship match.

"Freddy's match against Poland was close, real close," commented Raider coach Doug Marshall. "He had four match points, but couldn't seem to put it away against Poland."

The loss was Lawson's only singles loss this season, setting his record at 19-1 for his senior year.

"Freddy played outstanding tennis this year," Marshall noted. "He represented Appomattox, the Seminole District and the region very well."

Lawson, Bobby Carter and Mike McCoy are seniors who will be absent from the 1985 version of the Raider tennis team.

Couples will play tournament

A nine-hole couples twilight golf tournament will be held Tuesday, June 5 at Falling River Country Club.

A Captain's Choice format will be played with a 5:45 p.m. tee time. Dinner will follow play.

All interested members may sign up at the club by Sunday, June 3.

NOTICE TO THE PUBLIC OF PROPOSED RATED INCREASE BY CONTINENTAL TELEPHONE COMPANY OF VIRGINIA

On April 6, 1983, Continental Telephone Company of Virginia ("Continental") filed with the Virginia State Corporation Commission an application to increase its rates and charges for Virginia local telephone service by approximately $19.6 million and to increase its intrastate carrier access charges by approximately $4.3 million to be effective May 6, 1984. Continental's figures indicate that the application, if approved, would result in increases in basic monthly rates for residential customers ranging from $2.50 to $7.80 per month and for business customers, increases ranging from $4.40 to $37.65 per month. Persons interested in the proposed allocation of the increase among customer classes should review Continental's application and the accompanying materials filed with the application.

Continental's filing was completed May 8, 1984. Continental's proposed tariffs have been suspended to and through October 5, 1984, or until further order of the Commission.

The Virginia State Corporation Commission has scheduled a public hearing on Continental's application in its 13th Floor Courtroom, Jefferson Building, Bank and Governor Streets, Richmond, Virginia commencing at 10:00 a.m., September 5, 1984, for the purpose of receiving statements from public witnesses and considering evidence submitted by the parties. Copies of the application, together with Continental's support data, are available for public inspection during normal business hours at Continental offices where bills may be paid and in the Commission's Document Control Center, located on Floor B-1 of the Jefferson Building, Richmond, Virginia and open Monday through Friday, 8 a.m. to 5 p.m.

On or before July 10, 1984, any person who expects to submit evidence and to cross-examine Continental and Commission witnesses must file with the Commission an original and fifteen (15) copies of a Notice of Protest conforming to Rule 5:16 (a) of the Commission's Rules of Practice and Prodedure. A copy of this notice must be mailed to Continental's counsel, John W. Riley, Esquire, Hunton and Williams, P. O. Box 1535, Richmond, Virginia 23212.

On or before August 13, 1984, all persons who have filed a Notice of Protest and who expect to participate in the hearing as a Protestant must file with the Commission a Protest, together with an original and fifteen (15) copies of all prepared testimony and exhibits of the witnesses to be offered at the hearing. Protestants must serve a copy of the protest and testimony upon all other parties.

On or before August 21, 1984, the Commission's Staff shall file with the Clerk of the Commission fifteen (15) copies of the prepared testimony and exhibits of each witness expected to present direct testimony and will serve a copy upon Continental and all parties.

Any interested person, not otherwise participating as a Protestant, who desires to make a statement at the public hearing in his own behalf on the application, need only be present in the Commission's Courtroom 15 minutes prior to the commencement of the hearing and inform the Commission's Bailiff that he wishes to speak. All persons desiring to speak will be heard as expeditiously as possible beginning at 10:00 a.m. or shortly thereafter. In lieu of attending the public hearing, public witnesses may choose to send their comments to the Commission in written form. Such comments must be received no later than August 30, 1984.

All written comments to the Commission concerning Continental's application should refer to Case No. PUC840009 and should be addressed to William C. Young, Clerk, Document Control Center, P. O. Box 2118, Richmond, Virginia 23216.

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Wednesday...........Private Party
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Friday.............7 p.m. - 11 p.m.
Saturday..........7 p.m. - 11 p.m.
Sunday..................CLOSED

ALTAVISTA
Monday........Private Party
Tuesday.....7 p.m. - 10 p.m.
Wednesday.....Private Party
Thursday....7 p.m. - 10 p.m.
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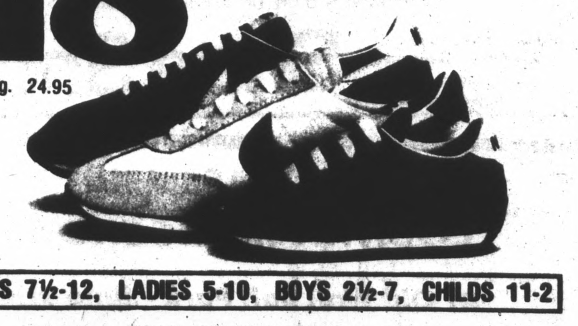

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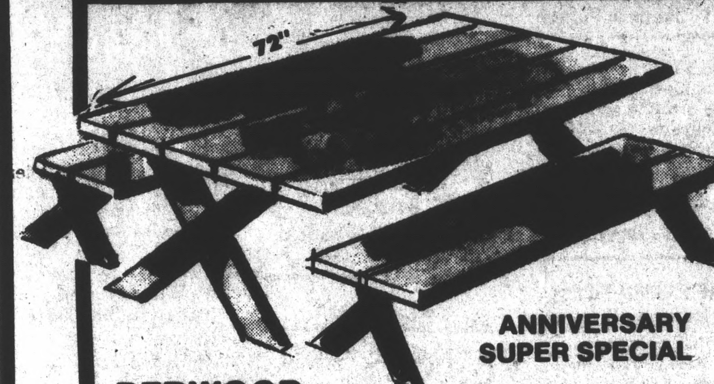

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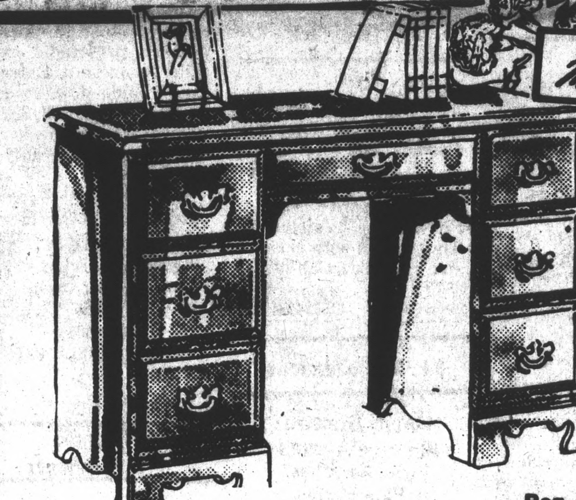

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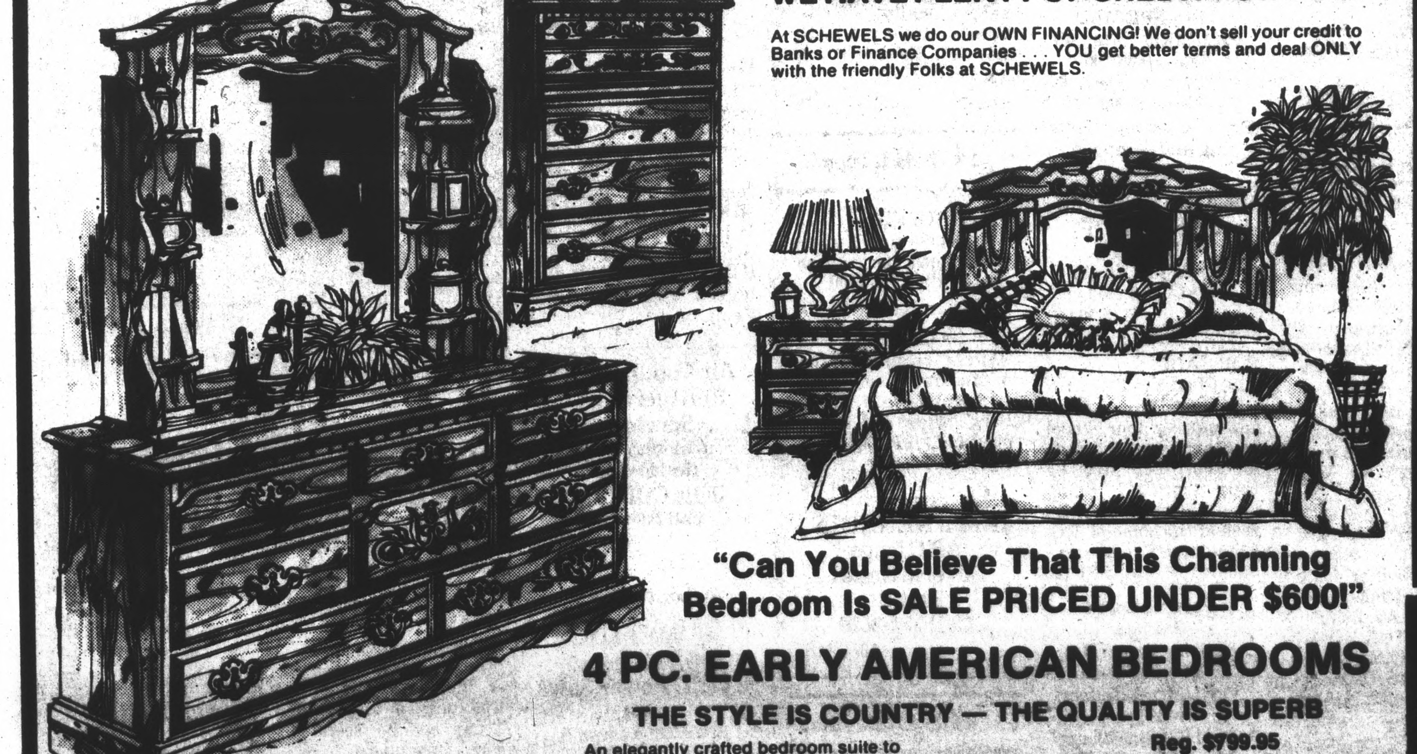

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